

Blood Glucose Monitoring

When you have diabetes, one of the most important things to do is to monitor your blood glucose levels.

Juan
Huh? Monitor? Levels?

"Monitor" just means to check or keep an eye on something.

Juan
Oh. And "levels?"

"Levels" are the amount of something. So monitoring your blood glucose levels means to keep an eye on how much sugar is in your blood. With diabetes, too much or too little glucose in your blood can lead to big problems.

Juan
Gotcha.

Our friend Sierra knows how to monitor her blood glucose levels perfectly.

Sierra
Tada-tadoodle! Right on the money.

Juan
Sierra? Um...you have diabetes, right?

Sierra
Yeah...?

Juan
Well guess what? I do, too. And I was wondering if maybe you could help me? There's just so much stuff I have to keep straight.

Sierra
I know exactly what you mean. It was weird for me at first, too. But now, I kinda like it. In a way, I know exactly what's going on in my body - and I can control it.
First thing you do, wash your hands with soapy water.
Next, we put a clean needle, what some people call a "lancet" into the holder.
Take a test strip from the bottle and put the lid back on right away so the test strips stay good and dry.

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Juan
Okay got it. What next?

Sierra
Get your monitor ready to take a reading.

Juan
Monitor?

Sierra
Yeah, your test monitor.

Juan
Oh yeah, got it.

Sierra
Then put the strip into the meter. Next, prick the side of your finger with the needle.

Juan
Ohhh, this is the part I hate! You? But Juan, you're the kid who climbs the tallest trees, skateboards the scariest jumps, you even held that snake in science class!

Juan
You're not scared?

Sierra
Hey, pricking my finger used to freak me out. But now, I barely feel it. There! Was that so bad?

Juan
Well, it wasn't great. But...no, it wasn't so bad. What next?

Sierra
Oh, don't squeeze. That can mess up your test. Let a drop of blood run out onto the right spot on the test strip.

Juan
Then I use a cotton ball to stop the bleeding, right?

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Sierra

Not bad. Great, now write down your results, and tada-tadoodle!

Juan

Tada-ta what'll?

Sierra

Tada-tadoodle. You like it? Feel free.

Juan

Uh...no that's okay Sierra. It's all yours. But thank you.

Sierra

You're welcome. Any time.

Not all glucose meters use your finger. Some use the forearm. But whatever spot you use for testing, make sure it's very, very clean.

Remember, if you do use your finger always use the side, not the tip. And keep your meter and supplies with you at all times.

Sierra

And you'll be tada-ta...

Juan

Don't.

Sierra

Doodle.